About Your

sewer of the body. Colitis is defined, as "any disturbance of the secretion

or innervation in the colon." It is

not necessarily inflammatory. Dis-

placement or sagging of the colon may

he a partial cause, and overloading

contributes to the ugly process. Pro-

tracted errors of diet are probably

the most real source, and these errors if known may be avoided. I have

seen chornic colitis intensified by

surgical operations in the abdomen, leaving the patient wondering why

she didn't get entirely well-the op-

erator apparently overlooking the

complication. And, too much, even

of the right kind of nourishment,

Diet is all that may be suggested here. Swallow no fibers, skins, or seeds. Fibers may be animal or veg-

etable; tough meats, fried steaks,

celery, radish or hard, raw fruits-

apples, prunes, cherries, tomatoes-

all harmful. Seeds of blackberries,

raspberries and pies made of those

berries-avoid them. It is well also

to exclude dressings such as are

served with baked fowel, and sharp,

peppery condiments. Do not use ir-

ritating cathartics, unless you would

keep the smouldering fire burning.

Use boiled or stewed meats and vege-

is objectionable, unless ordered by

abandon them. Skins of grapes, baked

will keep colitis active.

The Polk County News

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THE GREAT SMOKY MOUNTAIN PARK.

There is no project now before the people of North Carolina which means more for the reputation and prosperity of the state than the Great Smoky Mountain National Park. It depends upon North Carolina whether or not she will participate in establishing this great national forest tract as a national park, or whether it is to remain in the hands of lumber men who are fast denuding the greatest and most beautiful mountain region east of the

Together with Tennessee, our state has a chance to buy about 450,000 acres of the wildest forest land in the country, a domain of great beauty, including eleven of the highest peaks east of Colorado, seven of which are over six thousand feet high. The great mass of the Appalachian range is full of wild beauty, with dense tracts of virgin trees, towering rocky palisades, down which dash waterfalls into deep gorges, the like of which are to be found nowhere else in the East.

There is no national park east of Colorado, except one of a few thousand acres on Mount Desert Island off the Maine coast, the gift of a benevolent man. All the other parks of the nation were made by the government from its own land. Our park will have to be bought from the private owners. In the territory east of the Mississippi live 80 per cent of the nation's population. Our peak will be midway between New York and New Orleans, Cincinnati and Charleston, Detroit and Atlanta. Instead of going 2,000 miles to the Western parks, the people of the East can in thirty hours reach the Great Smoky Mountain Park.

purchase, the money pledges to run three years. Asheville and Buncombe county have pledged \$200,000, a third of the sum, Henderson county has pledged \$25,000, other counties in the west | tined to be the President, the Postmaster, the millionaire, me- or after the wedding, if the donor have come in with commensurate sums. Polk county's quota is chanic and farmer of the coming generation. placed at \$1,000.

Think what it will mean for us to be across one of the main lica's future is MILK. highways leading to this magnificent playground which the government will take over from us. Roads, rest-houses and all other improvements which go with a national park will be installed; milk for her children pays from fifteen to twenty cents. the park will be policed, game laws will be preserved, and a wonderfully beautiful playground for all will be developed practically at our own door.

It is estimated that nearly 100,000,000 visitors will pour into the park from every direction each year. Looking at it from merely a material side, this stream of travelers will leave behind an almost uncountable fortune on their way. Property values will'increase wherever they pass.

But aside from the money gain, the park will be a source of with minimum breakage, as poultrymen will testify. pride to the State. North Carolina will present to the whole East a playground which may be reached in less than half of the time needed to visit the great parks of the Far West.

This opportunity will not knock twice at our door. If the property is not soon acquired, there will be nothing left of the grandeur of the Smokies, but naked peaks bereft of their present great trees, drouth will follow in the loggers' wake, and the water power, now potential farther down the rivers, will not then exist.

North Carolina cannot afford to neglect this wonderful opportunity, and Polk County, which went over the top in so many good causes, must not prove wanting.

LET'S BUILD TRYON FROM WITHIN.

Coleman D. Brown, head of the organization service department of the United States Chamber of Commerce, is authority for a statement to the effect that those cities and towns grow more solidly and permanently whose growth is from within, not from without.

There is something wrong with the man or woman who could not write an editorial on this. Current in the march of progress is the constant cry for outside capital, outside industries and outside populations, which has not only grown to absurd and vain proportions and called for the most extravagant claims, but often has been the cause of internal industrial decay and local business neglect. Worthy as may be the enhancement of population and the "bringing in" of industries, there is undoubtedly a first duty to home institutions and to the business men already within our

It is well, in this connection, to remember these salient facts: Every local industry, however small, is the nucleus of a manufactory of national and world importance. Every store and business house, however short of stocks or capital, is potentially a successful factor in larger trade and commerce and has within it the seeds of greater prosperity. The history of business is too well known to deny the existence of examples of eminently successful merchants who were given the opportunity to return honest goods and excellent service for a loyal patronage on the part of the home people-

It should be the aim of the people of this and of all communities to look upon one another as partners in the scheme of success rather than as competitors in the struggle of failure. It should be the ambition of all of us to support home institutions with the idea in mind that one or all of them may prosper in such notable proportions as will bring credit to the entire community.

The old "huskin'" bees our fathers and grandfathers tell us about are splendid lessons in the noble art of "pitching in" and helping the other fellow, so that the other fellow will pitch in and help us. The world is learning that the structure of character and the finer processes of education are not imposed or crammed in from without, but are developments from within that emanate from the heart and from conscience and innate intelligence. The lessons taught are but guideposts to real character and educational progress. None the less is sound community growth de-

THE POLK COUNTY NEWS WEEKLY CARTOON



pendent first upon taking care of the people and concerns who already have cast their lot in this community. Someone at some time offered them an inducement to locate here, and posterity owes something to them in backing up the claim that they would make the choice worth while. We can do no less than pay the debt and thus cancel the mortgage of inflated development.

North Carolina is asked to subscribe \$600,000 towards its COULD NOT THE POSTOFFICE BE THE NATIONAL MILK MAN?

The important thing in America is the baby of today, des-

The important thing for the baby and therefore for Amer-

Postmaster New knows that the farmer gets at most four or five cents a quart for his milk. And the mother who needs

In other words, the farmer, if he does well, after raising the calf, weaning it, teaching it to drink out of the pail, getting for a lady to go into the dressing up before dawn three hundred and sixty-five times a year, clean- room attired in a negligee, or kimoing out the stable, raising the feed and doing all the rest of it, na? Thank you. S. W. gets three to five cents a quart for producing the milk. And It is quite all right for a lady to somebody, usually an "intelligent combine," gets from twelve to go into the dressing room of a Pul twenty cents per quart for delivering the milk.

Mr. Postmaster, why can't you be the milkman and deliver evening, in a negligee. the milk? You deliver eggs now, and handle millions of them

Fresh eggs in cities are worth 60 cents to a dollar a dozen, depending on the season. Parcel post delivers them for a few cents per dozen. If it costs as much to distribute eggs as it does to distribute milk, and if the farmer got present prices for fresh eggs as in Winter time, the city consumer would have to pay at with his fiancee. Except, of course, least \$3.00 a dozen.

The distributor of milk adds from one hundred to three hun-members or friends of his family. dred per cent to the cost of the milk for his trouble in handing it to the consumer. Milk, of course, involves more expensive handling than eggs, but there should be reason in all things, even in milk combines.

If it is possible to distribute eggs without breaking them, is is it necessary for him to arrange to it not possible to distribute milk without spilling it, or letting it

The parcel post is well managed and powerful. Glass bottles could be replaced with paper containers, sealed with paraffin, chaperon. She should be the first bottles thrown away after use. There is gigantic waste now in person invited. glass bottles—the consumer pays that.

The Postoffice of the United States could take the milk from Dear Miss Flo: In a crowded the farmers, carry it on rapid trains to the cities, and distribute train, with no seats available, is it t through its great distributing agency that visits every house proper for a woman who is ill to reevery day. The milk for which the farmer gets four cents could quest a gentleman to give her his be delivered to the mothers of children for seven cents, and one of the most costly combines would be abolished by simple govern- should not hesitate to ask a gentleman nent efficiency.

operator, who at the time was in California, was air is anchored to earth.

reached by wire with the question, "What shall we

It was that faith in the future that remade the inter-

Every city is as great as the faith of its staunchest

Complacency is as deadly to a community as to an

individual. The town that waits to be discovered has

hardly a gambler's chance of growth. The town that

has discovered itself has opened future's door to

greatness. The city that would find for itself a future

must utilize the NEW and not the old. Each age

The merchant who so respects ancient methods that he ignores the newest ideas in merchandising, must lose his lead to the merchant who is eager to employ

The town that holds fast to obsolete ideas and ideals

surrenders supremacy. The community that expects

to fall by accident into industrial greatness through

no effort of its own, has a child-like faith in modern miracles, and has as little chance of its hope's fulfill-

ment as has the youth who, by wishing, would see the

The wish is worthless without the will. Imagina-

citizens. No greater. The real asset of a city is not

its past but its future.

demands improvement on the past.

the last in salesman efficiency.

The one word answer came back, "BUILD."

ETIQUETTE

Etiquette or heart affairs may write

receives no invitation to the wedding?

A wedding gift should be sent be fore the wedding. If not, a letter explaining the delay should be sent.

man car, in the morning, and in the

Dear Miss Flo: Is it considered good form for a gentleman to mal calls with his fiance? Is it necessar

It is not necessary-nor is it cor rect for a gentleman to make calls when they return visits paid her by

Dear Miss Flo: When a bachelor

Yes. When an unmarried man entertains, he should ask a married woman of his acquaintance to act as

BUILDING

Ethical laws are as essential to life and the growth

of things as physical laws. The flower unfolds ac-

cording to a well-ordered plan. Town problems are

merely the common problems of individuals. The

town that is without plan and purpose, without ideas

and ideals, is as colorless and as hopeless as the in-

without blueprints before him.

the intelligence of thinking minds.

dividual who lacks these attributes, as the mason

The town that permits selfish interests to outplay

common interests, that allows personal wants to warp

community ideals, and low aims to thwart high aims,

Many minds are wiser than one mind. We create

instruments of government, develop boards of cont-

merce and clubs dedicated to civic interests to pool

town whose destinies are carved out by the common

judgment of minds, endowed with the enthusiasm of

The satisfied mind wants nothing, does nothing, ac-

So with the town. The community that is eager to

be better is destined to be bigger, healthier, wealthier

complishes nothing. But the mind that is obsessed

handicaps its chances of being bigger and better.

WHEN Chicago burned, its bankers and builders tion precedes the architect's pencil in its course, but

were in despair, until its leading real estate the mason must follow that tracing ere the castle in

Dear Miss Flo: Should a wedding present be sent before the wedding.

for him to do so? B. G.

A woman who is really quite ill

raw fruits, though citrous fruit-juices By FLO. are advisable for the nerves. Soft cereal with cream, butter and toast Readers desiring personal points of

Flo. care of this newspaper, enclosing self-addressed and stamped enve-

wishes to entertain a few of his friends-both ladies and gentlemenhave a chaperon? B. B.

your physician. The treatment of colitis may involve many months. Next Week "Golden Health Rules."

PRESENT DAY POLITICIANS MAYE THREE CHOICES OUR SIDE -THE OTHER SID AND THE FENCE



A real estate agent has had great luck making people sell by telling them a family of saxophone players had bought next door.

Stranger-This certainly is a dead

"Yes, I wish it would liven up a

"Come on, let's go home." "I can't. I'm the host."

Time Worketh Changes. Customer-This butter isn't nearly as fresh as what you sent me last

Grocer-That's strange-it's from the same tub.

Wright Gaines says that he fell roads getting their share out of a ten-story building one time, didn't hurt him because he was on the first floor when he fell.

Two rough workmen were repairing to obey. English law no long the live wire lines in front of the mits a man to beat his wife preacher's house, when something stick no bigger around that happened causing a few heated rethumb." A Russian husband no marks in loud tones. The reverend er beats his wife gently on their gentleman wrote the company employ- riage day to prove that he is ing the men complaining of the lan- And now a wife gets her divorce guage they used. Called up on the cash alimony simply because the carpet by the manager to explain, band, during the past eight Bill said: "Me and Pete Smock wuz has had a way of calling her on this job. I wuz up the pole and morning by throwing cold wat Pete wuz on the ground. There wuz her as she lay in bed at 6 two wires, one wuz dead and the casional, not frequent beating. other wuz live-carrying 3,000 volts. to the effect of the cold water Pete he picks up the live one by mistake. Then he said, 'Say, Bill, please climb up and shut off the current."

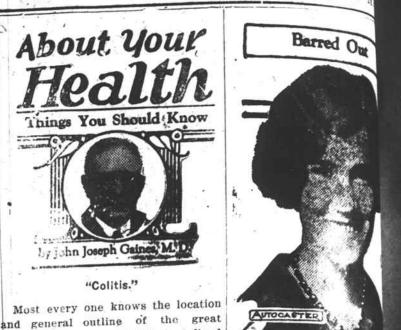
Wife-Why are you taking three umbrellas along?

Professor-I'll forget one in the restaurant, one I'll leave on the train, by inherited money, go made and the other I'll use if it rains."

luck-a distant relative died and left news in your daily newspapers him a ton of hard coal.

Johnny wanted to go out and play. "No, you can't go. It's too wet, believes in God. Of course You'll get your feet soaked and catch KNOW that he is an infidel.

hurt. I've got one already."



The School Board of Co. passed a measure married women from pretty Mrs. Laura Lair determined to tion. So the fight will probably be a for the Board



CATING HARD COAL HEAVIEST BABY LAW POODLES. 2 AND 4 LE BURBANK AN INFIDE

Failure of another effor tables; stewed fruits are better than nearer to control by the Gen Coal under ground is owned viduals only through public are excellent. Eggs, too. Brown Everything that represents bread and not white bread, should be public necessity (air, was eaten. If you are over-stout, cut your railroads), must naturally te to public control. dietary in half until you reduce. Buttermilk is most valuable-sweet milk

Mine owners are said b leaders to be forcing a practi themselves in the beginning ant refusal of arbitration

Unions and owners are works as they have done in England Government control of miner come in England before long come here eventually The will not forever consent to while "capital and labor" fig-

pounds.

much lighter and strong

The fattest, heaviest baby necessarily the best

birth much easier.

This, and increasing rai

its everywhere, should gain a ly hearing and better pay for road workers. To raise the pay of millions

would cost hundreds of year. But that is the scale now geared up to, nationally. hundreds of millions would be back into general prosperity.

Hundreds are gradually losing ice no longer makes woman

An expert says poodles and lap dogs "go mad" oftener than that take more exercise. Another pert, friendly to poodles, says isn't so. One thing IS certain. MAN poodles, petted and pamp their balance much more quickly those that work for a living Dick Watson says he's in great the divorce and "high class"

Luther Burbank in a San Franci pulpit gives more information It was a wet, slushy day, and little cerning his views on a Sul and ing. He says he is an intide can't tell whether he believes "Aw, please, mamma. That won't or not. "Belief" is a word monly to describe a mental